

# December- Hawthorn S.D. 73 Breakfast Menu

**FREE  
BREAKFAST**  
for all Enrolled  
Students

**Arbor A+ Nutrition Mission**

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*-Arbor Management-*

**Make Choices for a Healthy Lifestyle!**




For more information or to "Ask the Dietitian", check out our website!

Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.

**\*Cereal**  
Cinn. Toasters-22g  
Honey Graham Sq-24g  
Cinn. Toast Crunch-22g

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<b>Milk</b> Plain 1%-13g Pain Skim-13g <b>Fruit &amp; Juice Carb Counts on Separate Document</b>		<b>Cereal*</b> Graham Bear-20g Fruit of the Day 100% Juice Choice of Milk	<b>Benefit Bar-48g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Apple Muffin-27g</b> <b>Cheese Stick-0g</b> Fruit of the Day 100% Juice Choice of Milk
6	7	8	9	10
<b>Apple Oatmeal Bar-48g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Strawberry Mini Bagels-41g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Lemon Blueberry Bites-21g</b> <b>Cheese Stick-0g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Banana Muffin-27g</b> <b>Graham Bear-20g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Cereal*</b> <b>Cheese Stick-0g</b> Fruit of the Day 100% Juice Choice of Milk
13	14	15	16	17
<b>Benefit Bar-48g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Mini Powdered Donuts-41g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Banana Bread-45g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Cereal*</b> <b>Graham Bear-20g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Strawberry Pop-Tart-38g</b> <b>Graham Bear-20g</b> Fruit of the Day 100% Juice Choice of Milk
20	21	22	23	24
<b>Strawberry Chex Mix-23g</b> <b>Cheese Stick-0g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Whole Grain Bagel-34g</b> <b>Jelly-6g</b> Fruit of the Day 100% Juice Choice of Milk	<b>Mini Cinnamon Rolls-39g</b> Fruit of the Day 100% Juice Choice of Milk	No School	No School
27	28	29	30	31
No School	No School	No School	No School	No School

Items in **RED** are the carbohydrate counts. Neither Hawthorn School District 73 nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.

